



SCDPS-CJAD Physical Ability Test (PAT) Course Description

- The course measures a total of 870 feet (290 yards/265.2 meters).
- The course consists of a series of nine interspersed individual tasks, arranged in a continuous format that may be viewed as being essential (physical) job-tasks for law enforcement training:
 1. running;
 2. jumping (low hurdle);
 3. climbing stairs;
 4. low crawling;
 5. jumping (broad-type);
 6. climbing a fence (chain-link/four feet);
 7. climbing through a window;
 8. moving/dragging a weight (150 pounds);
 9. changing direction on the run.
- The trainee starts the course at a point, indicated in green on the course map.
- The candidate runs one and $\frac{3}{4}$ laps around the perimeter of the course and enters the interior of the course at the point indicated in blue on the course map.
- The first obstacle encountered in the interior consists of two low hurdles, one and a half feet high and four feet long, placed 13 feet apart.
- After clearing the hurdles, stairs (five steps up to a 32-inch wide landing, 45 inches above the floor, and five steps down) must be negotiated twice (note that each step has a 7.5 inch rise and tread that is 11 inches wide).
- Once the stair event is completed another low hurdle must be cleared; the trainee must then successfully negotiate a low crawl under an obstacle set at 2.5 feet above the floor.
- Make a turn and clear a ditch simulation that is six feet in width.
- After another turn, a chain-link fence (four feet in height) must be climbed,
- Two additional turns made, and a four-foot high window must be successfully entered.
- The candidate must then drag a 150-pound dead weight a distance of 20 feet.

- After the weight drag, the candidate then exits the course, completes one final lap around the perimeter and finishes at the point indicated in red on the course map.

Spotters (suggested minimum of three) and timekeepers (suggested minimum of two) are strategically located throughout the course.

An instructor demonstrates the course via a walk-through for the entire class prior to beginning. The purpose of this is directional rather than instructional; however, spotters and timekeepers guide individuals as the candidates run the course. The spotters serve to prevent injury as trainees negotiate the course and are located at all obstacle events located in the course.

Two timekeepers are recommended, as it is possible to have two participants attempting the course simultaneously.

The course was designed for set-up in a gymnasium and occupies two-thirds of a regulation basketball court when fully deployed. Is it recommended that the course be set-up indoors as to allow for the control of environmental factors.

For additional information:

Bill Floyd (803.896.7724) (floyd_williams@scdps.state.sc.us)

Bruce Hancock (803.896.7770) (hancock_brucem@scdps.state.sc.us).